NAVY PHYSICAL READINESS PROGRAM

EAT HEALTHY – BE ACTIVE COMMUNITY WORKSHOPS

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

WWW.NMCPHC.MED.NAVY.MIL/HEALTHY_LIVING/

Eat Healthy Be Active Interactive Community Workshops.

Presenters:

LCDR Jennifer Wallinger, M
USN

Sally Vickers, MS, CHES

Eat Healthy • Be Active
Community Workshops
Based on the Dietary Guidelines for Americans 2010
and 2008 Physical Activity Guidelines for Americans
Be Active, Healthy, and Happy!

Background:

- **Six one-hour workshops**
- ***Based on:***
  - ***Dietary Guidelines for Americans, 2010* and**
  - ***2008 Physical Activity Guidelines for Americans***
- **Includes lesson plans, learning objectives, talking points, hands-on activities, videos, and handouts**
- **Designed for community educators, health promoters, dietitians/nutritionists, to teach to**

Six Session Topics:

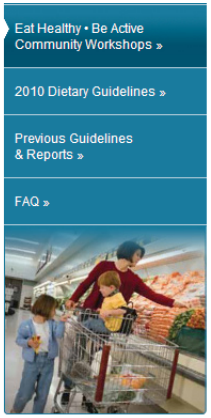
- **Enjoy Healthy Food That Tastes Great**
- **Quick, Healthy Meals and Snacks**
- **Eating Healthy on a Budget**
- **Top Tips for Losing Weight and Keeping It Off**
- **Making Healthy Eating Part of Your Total Lifestyle**

Physical Activity Is Key to Living Well

Millington Experience:

- 1 of 10 pilot sites across the US
- Military and DoD civilian population
- Experience
- Feedback
- Way Ahead

Website:



Six one-hour workshops were developed, based on the *Dietary Guidelines for Americans, 2010* and *2008 Physical Activity Guidelines for Americans*. Each workshop includes a lesson plan, learning objectives, talking points, hands-on activities, videos, and handouts. The workshops are designed for community educators, health promoters, dietitians/nutritionists, cooperative extension agents, and others to teach to adults in a wide variety of community settings.

Complete Workshop Series
[PDF - 10.5MB]

Best Practices for Implementing the Community Workshops [PDF - 194KB]

Community Workshops Webinar:
Making the Workshop Series a Hit in Your Community

Webinar: Community Workshop Series (Part 1 of 6)

Webinar: Community Workshop Series (Part 2 of 6)

Webinar: Community Workshop Series (Part 3 of 6)

Webinar: Community Workshop Series (Part 4 of 6)

Webinar: Community Workshop Series (Part 5 of 6)

Webinar: Community Workshop Series (Part 6 of 6)

Webinar Slides - Community Workshops Webinar: Making the Workshop Series a Hit in Your Community
[PDF - 3.3MB]

Implementation:

- Forming the workshop group(s)
- Preparing for the workshops
  - Presenters
  - Acquiring workshop items
    - Cooking Utensils, etc.
    - Food Items
    - Printing of handouts available online

Implementation:

- Adding additional materials to the workshops
- Motivating participants to attend workshop
  - Marketing
- Overall timing and answering questions
- Enhancing stretch breaks and muscle strengthening activities
- Taste testing
- Last class

Workshop Format – Lesson Plan

- Timing for each section
- Icebreaker
- Talking Points
  - Learning Objectives
  - Handouts
- Video
- Stretch break – half-way point
- Activity
- Q&A
- Evaluation

Additional Materials:

- **Workshop flyer**
- **Course Attendance roster**
- **Pre-workshop test questions**
- **Post-workshop test questions**
- **Facilitator feedback survey**

Evaluation:

1. **Following your Initial Workshop Series 2013, please provide:**

a. Workshop Sign-in Roster:
b. Participant pre-test (workshop #1) and post-test (workshop #6)
c. Participant workshop evaluation after each session
d. Facilitator evaluation after each session (on Survey Monkey)

Scan and E-Mail to Sally Vickers at NMCPHC at end of series to:
nutrition@nehc.mar.med.navy.mil or send as a hard copy package to:

Sally Vickers, MS, CHES
Navy & Marine Corps Public Health Center
620 John Paul Jones Circle, Suite 1000
Portsmouth, VA. 23708-2103

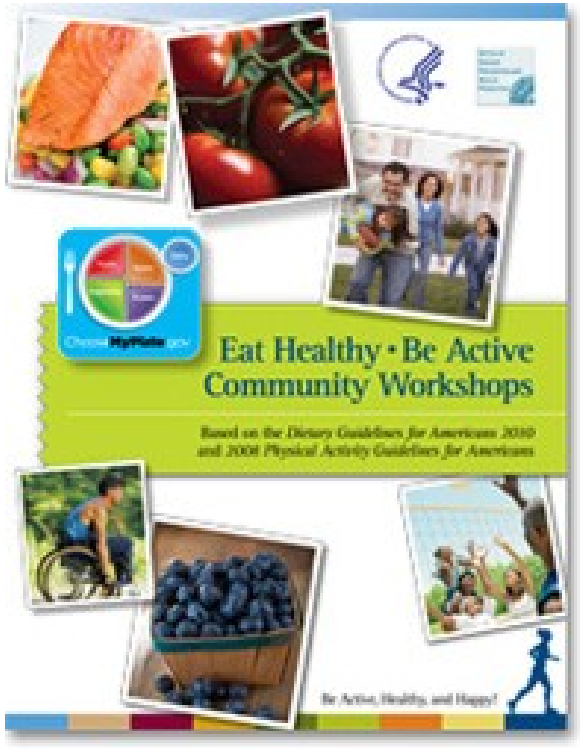
Webinar Evaluation:

Webinar Evaluation: Complete the four question survey
found at:
http://www.surveymonkey.com/s/8VVSN8C

What we need from you:

- **Review the workshop webinar videos**
- **Become familiar with the workshop material**
- **Commit to present in March**
  - **Local commands offering workshops will be posted on NMCPHC website and promoted during March, Navy Nutrition Month promotional materials**
- **Send in your evaluation package to the POC for the Navy Roll-out: Sally Vickers**
- **Questions? Contact Sally Vickers at: nutrition@nehc.mar.med.navy.mil or (757) 953-0956**

Does anyone have any questions?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